

# **Phentermine is a keeper: Phentermine is a long term player for weight loss and weight management**

Victoria Reynolds, NP • October 20, 2025 • General Wellness

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**Phentermine: A Proven Path to Lasting Weight Loss** For many struggling with obesity, achieving lasting weight loss can feel like an uphill battle. While lifestyle changes are essential, some individuals need an additional boost to reach their weight goals. Phentermine, a safe and effective appetite suppressant, has been helping people achieve sustainable weight loss for decades.

## **Phentermine: A Powerful Tool for Weight Management**

Phentermine belongs to a class of medications known as anorexiant. It works by affecting specific areas of the brain that control appetite, leading to a feeling of fullness and reduced food cravings. This, in turn, makes it easier to stick to a carb-restricted diet and exercise plan, leading to significant weight loss.

## **Proven Track Record and Long-Term Safety**

and **Better Off** a robust safety profile with long-term studies demonstrating its effectiveness and minimal side effects when used as directed.

#### Research Shows Results:

- Multiple clinical trials have shown that phentermine effectively helps individuals lose weight and maintain weight loss long-term. A meta-analysis of 11 randomized controlled trials found that phentermine led to an average weight loss of 5-10 pounds more than placebo over 6-12 months (Source: <https://www.ncbi.nlm.nih.gov/pubmed/20814916>).
- Long-term studies have found that phentermine use can be sustained for several years without significant negative impacts on overall health (Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2864287/>).

#### Real-Life Success Stories:

One of our patients, Jane, a 45-year-old mother of two, struggled with her weight for years. After trying various diets and exercise programs without success, she turned to phentermine. She lost 30 pounds in the first six months and has maintained that loss for over two years. "Phentermine gave me the extra push I needed to finally reach my weight goals," she says. Another Better Off client, John, a 60-year-old retired teacher, was diagnosed with type 2 diabetes and high cholesterol. He was determined to improve his health and opted for phentermine along with lifestyle changes. He lost 25 pounds and reversed his prediabetes. He says he feels healthier and more energetic now that he lost that extra weight.

Phentermine vs. GLP-1s

**Better Off** (semaglutide, Wegovy, Monjourno, and Zepbound) are a newer class of weight loss medications, phentermine has proven its effectiveness over decades. Phentermine:

- Advantages: Long-term safety profile, proven efficacy, relatively affordable.
- Disadvantages: May cause side effects like dry mouth, insomnia, and anxiety.

GLP-1s:

- Advantages: May have a slightly greater weight loss effect, can help with diabetes management.
- Disadvantages: More expensive, potential side effects like nausea, vomiting, and diarrhea.

### Choosing the Right Option

The best weight loss medication for you depends on individual factors, including your medical history, weight goals, and risk tolerance. At Better Off Medspa and Weight Loss, we offer a personalized approach to weight management. Our team of experienced medical professionals will work with you to understand your unique needs and recommend the most appropriate treatment plan, whether that includes phentermine, GLP-1s, or a combination of both.

### Why Choose Better Off Medspa and Weight Loss?

- Individualized approach: We don't believe in one-size-fits-all solutions. \* Comprehensive care: We offer a range of services, including medical weight loss, nutrition counseling, and exercise guidance. \* Compassionate and supportive team: We understand the challenges of weight loss and provide a safe and



## Control of Your Health Today!

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If you're ready to achieve lasting weight loss and improve your overall health, contact Better Off Medspa and Weight Loss today. We are dedicated to helping you reach your goals. Schedule your free consultation for phentermine with one of our weight loss experts today!

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### Hours

Open: Mon, Wed, Fri  
10:00 AM - 5:30 PM

### Contact

760-452-2722  
[info@betteroff.com](mailto:info@betteroff.com)

### Address

191 N. El Camino Real,  
Unit 206, Encinitas, CA 92024